

Helen C. Kales, M.D.

Investigator, Serious Mental Illness Treatment, Research and Evaluation Center (SMITREC),
Veterans Health Administration

Director, Geriatric Psychiatry Clinic, Ann Arbor VAMC

Assistant Professor, Department of Psychiatry, University of Michigan

Research Interests

Late-life depression: detection, diagnosis, treatment effectiveness, outcomes, and services

Effect of “complexity factors” (gender, race, medical illness, psychiatric comorbidity) on
detection and outcomes of late-life depression

Race and psychiatric diagnosis in late-life

Dementia and depression and vascular depression

Current VA Research

VA HSR&D Career Development Award, “Geriatric Depression: Selected Confounds and
Impact on Outcomes”

Recent VA Reports and Publications

Complexity in late-life depression 2002

Recorded delirium in elderly inpatients 2003

Alternative medicine use among patients with depression and dementia 2003

Other Current Research/Funded

Reynolds, Donald W., Foundation: Comprehensive Programs to Strengthen Physicians' Training
in Geriatrics

Recent Peer Reviewed Publications

Complexity in late-life depression: The impact of selected confounding factors on outcomes, The
Journal of Geriatric Psychiatry and Neurology, 2002

Recorded delirium in a national sample of elderly inpatients: potential implications for
recognition. Journal of Geriatric Psychiatry and Neurology, 2003

Alternative medicine use among patients with depression and dementia, Journal of Geriatric
Psychiatry and Neurology, in press

Education and Experience

Chief, Geriatric Psychiatry Clinic, VA Ann Arbor 1998-present

Attending Geriatric Psychiatrist, UM Geriatric Psychiatry Clinic 1998-present

Assistant Professor of Psychiatry, University of Michigan 2001-present

Lecturer in Psychiatry, University of Michigan 1998-2001

Consulting Geriatric Psychiatrist, Battle Creek VAMC 1998-2001

Fellowship in Geriatric Psychiatry, University of Michigan 1996-1998

Residency in Psychiatry, University of Michigan 1992-1996

M.D., University of Rochester School of Medicine, Rochester, N.Y. 1992